

# LESSON 4

## Finding the Balance: Physical Activity, Rest, and Sleep

Student Learning Objectives:	National Health Standards:
1. Describe the relationship of physical activity, rest, and sleep.	• Core Concepts
2. Assess personal ability to include physical activity, rest, and sleep in a daily routine.	• Self Management
3. Practice the skill of goal setting related to physical activity and sleep.	• Goal Setting

### Lesson Synopsis

Review food advertising strategies. Assess student knowledge about physical activity, rest, and sleep by conducting a short quiz. Explain the required amount of physical activity, rest, and sleep for fourth graders. Brainstorm benefits of getting enough physical activity, rest, and sleep. Explain the elements in the skill of goal setting. Identify ways to meet the goals for physical activity, rest, and sleep. Assess how much physical activity and sleep students currently get, and identify steps for improvement. Finalize goal setting by establishing a timeline and way to monitor progress. Review the elements of goal setting and retake the quiz to see how much was learned.



Activity	Time in Minutes	Materials Needed
Introduction	5	Supplied by the Teacher <ul style="list-style-type: none"> <li>• Markers</li> <li>• Writing paper</li> <li>• Tape</li> <li>• Index cards, two different colors, one of each color for each student (Suggestion)</li> </ul>
Teacher Input	10	Teacher Manual Resources <ul style="list-style-type: none"> <li>• Student Worksheet: "Physical Activity, Rest, and Sleep"</li> <li>• Teacher Key: "Physical Activity, Rest, and Sleep"</li> </ul> Supplied by the Teacher <ul style="list-style-type: none"> <li>• Pencils or pens</li> <li>• Computer with Internet access (Extension Activity)</li> </ul>
Application or Skill Practice	20	Health Education Materials <ul style="list-style-type: none"> <li>• Poster: "Goal Setting," Michigan Model for Health Clearinghouse</li> </ul> Teacher Manual Resources <ul style="list-style-type: none"> <li>• Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Physical Activity, Rest, and Sleep"</li> </ul> Supplied by the Teacher <ul style="list-style-type: none"> <li>• Pencils or pens</li> </ul>
Closure	5	Teacher Manual Resources <ul style="list-style-type: none"> <li>• Family Resource Sheet: "Fit Families Balance Health Habits"</li> </ul>
TOTAL	40	

## Preparation

Prior to the Lesson:

- **Decide if you want to assess** student skill development. A rubric, "Assessment Rubric for Skill Development: Physical Activity, Rest, and Sleep," is provided for you to use at the end of this lesson.
- **Decide if you will invite any guest speakers.** This lesson suggests inviting:
  - your school's physical education teacher to talk with students about the benefits of physical activity, and
  - a pediatrician to discuss the benefits of getting enough sleep.

For Introduction:

- **Prepare two signs**, one that says "true" and one that says "false."
- **Post the signs** on opposite sides of the room.

For Teacher Input:

- **Decide how to form six small groups** of students.
- **Duplicate** the student worksheet, "Physical Activity, Rest, and Sleep," for each student.

For Closure:

- **Duplicate** the family resource sheet, "Fit Families Balance Health Habits," to send home with each student.






**Time-Saver Tip:** This lesson may take longer than the estimated time. You may want to divide the lesson into two parts. Conduct the Introduction and Teacher Input on one day and the remainder of the lesson on a subsequent day.

## LESSON PROCEDURE

**Introduction:** Assess student knowledge about physical activity, rest, and sleep.




Approximately 5 minutes






Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Review some of the ways advertisers try to influence food choices.	<p><i>What are some of the ways advertisers try to get you to eat their foods?</i></p> <p>Call on a few students to name advertising strategies.</p> <p>Answers:</p> <ul style="list-style-type: none"><li>• They show attractive young people in the ad or commercial.</li><li>• They use fun music.</li><li>• They make the food (or beverage) look like it tastes good.</li><li>• They show young people looking happy and having fun.</li><li>• They use famous people or cartoon characters liked by children.</li><li>• They offer free toys or coupons with the product.</li><li>• They use bright colors and appealing slogans.</li><li>• They place products at eye level.</li></ul>	

	<i>Sometimes advertisers tell the truth, and sometimes they don't. It is important to know the truth about good nutrition—and physical activity and sleep.</i>	
Explain how to indicate an opinion by walking toward the "true" or "false" sign.	<p>Post a "true" sign on one side of the room and a "false" sign on the opposite side.</p> <p><i>As you can see, I have written the word "true" at this side of the room and the word "false" at that side of the room. We are going to see how much we know about physical activity, rest, and sleep. I will read a statement. If you think the statement is true, you will stand on this side of the room. If you think the statement is false, you will stand on that side of the room. Ready?</i></p>	 <p>Assure students they are not being tested using this activity.</p>  <p>If your teaching situation prohibits student movement, give each student two index cards of different colors. Ask them to hold up one color to indicate "true" and the other color to indicate "false." Another option is to write a large "T" on one end of an index card and a large "F" on the opposite end. Then, have students signal their response by holding up the "T" or "F."</p>
Walk across the room to indicate whether statements about physical activity, rest, and sleep are true or false.	<p>Read the following statements, allowing the students time to move to the side of the room that indicates what they believe about each statement:</p> <ul style="list-style-type: none"> <li>• <i>A fourth grader should get 60 minutes of physical activity every day of the week.</i></li> <li>• <i>If you don't get enough sleep, you can catch up on the weekend.</i></li> <li>• <i>If your muscles don't ache after physical activity, you didn't work hard enough to do any good.</i></li> <li>• <i>A fourth grader should get nine to eleven hours of sleep each night.</i></li> <li>• <i>Physical activity helps a person to have more energy.</i></li> <li>• <i>The only way to rest is to take a nap.</i></li> </ul>	 <p>If you wish, you could use these statements as a quiz. Have students write their responses and share their ideas with a partner. Then, provide the correct answers now or later in the lesson.</p>
Introduce the topic of today's lesson.	<i>Today, we will learn how to get enough physical activity, rest, and sleep to keep us healthy. Then, we will take this little quiz again and see if you change your answers.</i>	

**Teacher Input:** Identify the recommended amounts of physical activity, rest, and sleep needed by fourth graders and the benefits of getting enough of each.

Approximately 10 minutes





Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Form six groups of students. Distribute the student worksheet, "Physical Activity, Rest, and Sleep," to each student. 	Divide students into six groups. Assign the group roles: reporter, leader, and motivator.	
Explain the amount of physical activity needed by fourth graders.	<p><i>Health experts tell us that fourth graders should get 60 minutes of physical activity each day.</i></p> <p><b><i>On your worksheets, record this important number on the physical activity row in the column titled "Goal." This is the goal for young people.</i></b></p>	 <p>Go online for more information on how schools can improve students' nutrition and physical activity.</p> <p><a href="http://www.actionforhealthykids.org">www.actionforhealthykids.org</a></p>  <p>The Centers for Disease Control and Prevention website has additional information regarding the recommendation of 60 minutes of daily physical activity.</p> <p><a href="http://www.cdc.gov">www.cdc.gov</a></p>
Explain the amount of rest needed by fourth graders.	<p><i>Health experts do not tell us how much rest fourth graders need each day. We all need some rest and quiet time. However, experts tell us that most fourth graders spend too much time watching television and playing on their computers. Rest is when we stop moving around and our minds and bodies are quiet.</i></p> <p><b><i>On your worksheets, write the word "less" on the row marked rest in the "Goal" column. This is another goal for young people.</i></b></p>	

<p>Explain the amount of sleep needed by fourth graders.</p>	<p><i>Health experts tell us that fourth graders should get ten or eleven hours of sleep each day.</i></p> <p><b><i>On your worksheets, record this important number on the row marked sleep in the "Goal" column. This is the goal for the number of hours of sleep young people your age should get.</i></b></p>	 <p>Visit the Sleep Foundation's website for additional information on sleep, sleep disorders, napping, and related topics.</p> <p><a href="http://www.sleepfoundation.org">www.sleepfoundation.org</a></p>
<p>Assign each small group to brainstorm benefits of getting enough physical activity, rest, or sleep.</p>	<p><b><i>Why do you think it is important for you to get enough physical activity, rest, and sleep? What might happen if you didn't?</i></b></p> <p>Call on one or two students to share their ideas as examples.</p> <p><i>Each small group will be assigned one of these three vital health habits. You will have two minutes to brainstorm the benefits of getting enough physical activity, rest, or sleep. All members of the group will record the ideas on their worksheets in the column titled "Why." At the end of the time, the reporter of each group will share his or her group's ideas, so the other groups can write them down also. The benefits will keep us motivated to work toward the goals.</i></p> <p>Assign two small groups to brainstorm the benefits of getting enough physical activity, two groups to brainstorm the benefits of getting enough rest but not too much, and the last two to brainstorm the benefits of getting enough sleep.</p>	 <p>If students find it difficult to identify benefits, suggest they think about what might happen if they didn't get enough physical activity, rest, or sleep.</p>  <p>If you have students who will have trouble recording the ideas in the time given, suggest that they work with a partner and complete their lists later.</p>
<p>List the benefits of being physically active. Use the teacher key, "Physical Activity, Rest, and Sleep," for additional ideas.</p> 	<p>After two minutes, stop the brainstorming.</p> <p><i>It's time for each group to share their ideas. Be sure to record the ideas on your worksheets as you listen to the other groups' reports.</i></p> <p>Ask the reporters for the two groups working on physical activity to share their list of benefits.</p> <p>Add to the students' ideas as needed from the benefits listed on the teacher key.</p>	 <p>Invite the physical education teacher to explain the benefits of physical activity to the students. Practice a variety of ways to be physically active in physical education class.</p>
<p>List the benefits of getting enough rest.</p>	<p>Ask the spokespersons for the two groups working on rest to share their list of benefits.</p> <p>Add to their lists as needed.</p>	





List the benefits of getting enough sleep.	Ask the spokespersons for the two groups working on sleep to share their list of benefits.  Add to their lists as needed.	
Summarize.	<i>We have seen why it is important to get enough physical activity, rest, and sleep. Now let's figure out how.</i>	


**Application or Skill Practice:** Practice goal setting and develop a plan for getting enough physical activity, rest, and sleep.

Approximately 20 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
Rotate the group roles.	Rotate the group roles one person to the right.	
<p>Display the poster, "Goal Setting," and explain the steps in the skill.</p> <p>Instruct small groups to identify ways to get enough physical activity, rest, and sleep.</p>	<p><i>Now it's time to set goals for getting the right amount of physical activity, rest, and sleep and to create a plan for reaching the goals. Goal setting has several parts or elements:</i></p> <ul style="list-style-type: none"> <li>• <i>Develop a clear, realistic goal. A goal is realistic if it is possible for the person to reach it.</i></li> <li>• <i>List steps for reaching the goal, including when you will act on the steps, any materials you will need and who can help.</i></li> <li>• <i>Monitor your progress and make changes if you need to.</i></li> <li>• <i>Evaluate whether or not the goal was met.</i></li> </ul> <p><i>We have our goals. They are written in the column labeled "Goal." So, the first part is done.</i></p> <p><i>In your small groups, list ways you can get enough physical activity, rest, and sleep in the column titled "How" on your worksheet. First, list ways to get 60 minutes of physical activity each day. Then, list ways to get nine to eleven hours of sleep each night. Work on how to get enough rest last. This is the second part of goal setting: the steps or ways to reach your goal.</i></p> <p><i>You will have five minutes to record your ideas. At the end of the time, the reporter from each group will share his or her group's ideas. You may add new ideas to your worksheets.</i></p>	<p> Use the rubric provided at the end of the lesson if you want to assess students' skill development.</p> <p></p>
<p>Report ways to get enough physical activity, rest, and sleep. Use the teacher key, "Physical Activity, Rest, and Sleep," for additional ideas.</p> <p></p>	<p>After five minutes, ask for the students' attention.</p> <p><i>It's time for each group's reporter to share their ideas. Be sure to record new ideas on your own worksheets as you listen to the other groups' reports. Sharing our ideas will help us find more ways to reach our goals.</i></p> <p>Ask each reporter to share one idea for getting enough physical activity. Rotate from group to group until all ideas have been shared.</p>	<p> Have your physical education teacher consider using the Exemplary Physical Education Program. It provides grade-level specific activities for physical education.</p>



	<p>Do the same for getting enough sleep, and then for rest.</p> <p>Augment their ideas as needed. Note two additional facts.</p> <ul style="list-style-type: none"> <li>• People do not have to be exhausted or have aching muscles to benefit from physical activity.</li> <li>• You can't catch up on sleep during the weekend if you do not get enough sleep each night.</li> </ul>	 <p>Start a walking club with students. You could walk at specific times of the day, such as before school or during recess or lunch. Encourage other staff members to join you. Compete with another class to see who can walk the farthest. Post a map and see if you can walk across Michigan.</p>
Assess whether or not students are getting enough physical activity.	<p><i>Another part of planning to reach your goal to be physically active is to think about your current physical activities. Estimate how many minutes of physical activity you get each day. Write this number on the bottom of your worksheet.</i></p> <p><i>If you didn't write the number 60, subtract the number you wrote from 60. This number is how many more minutes of physical activity you need each day. Write that number on the bottom of your worksheet.</i></p> <p><i>If you get 60 minutes of physical activity every day, stand up and jog in place. If you need to plan to get more physical activity, stand up and do jumping jacks.</i></p>	
Assess whether or not students are getting enough sleep.	<p><i>Think about your usual bedtime and wake-up time. Then, count how many hours of sleep you get each night. Write this number on the bottom of your worksheet.</i></p> <p><i>If you didn't write the number ten or eleven, calculate how many more hours of sleep you need each night and write that number on the bottom of your worksheet.</i></p> <p><i>If you get ten or eleven hours of sleep every night, stretch your arms over your head. If you need to plan to get more sleep, yawn.</i></p>	 <p>Invite a local pediatrician to speak to the students about the benefits of sleep and ways to get enough sleep.</p>
<p>Identify preferred ways to get more physical activity and more sleep.</p> 	<p><i>Look over the ideas we generated for ways to be physically active. These are written in the "How" column. Put a star by the ideas you will try.</i></p> <p><i>Now look at the ideas for ways to get enough sleep. Put a checkmark next to the ones you will use.</i></p> <p><i>These are the steps you will take to reach your goal.</i></p> <p>Give students time to mark their worksheets.</p>	 <p>Ask the physical education teacher to have the students keep a physical activity log for a week to document how much physical activity they are getting.</p>



<p>Make a personal plan, including when, where and how, to get more physical activity and more sleep.</p>	<p><i>In the column titled "When, Where, How Long" write down your ideas for when will you be physically active. Also write where you will be active and for how long.</i></p> <p><i>Next, record your ideas for getting more sleep. When will you go to bed? How will you relax for sleep? When will you wake up?</i></p> <p>After two or three minutes, ask students to smile at you if they think they can reach their goals.</p> <p><i>At the bottom of your worksheet is a place for you to name people who can help you reach your goals. List two or three people you could ask for help if you need it.</i></p> <p><i>Now you have a plan for reaching your goals for physical activity and sleep. You may want to think about ways to get enough, but not too much rest. You can create that plan on your own.</i></p> <p><i>All that's left is to keep track, or monitor, your progress as you work towards reaching your goals. In the last column titled "Day or Date," write the day of the week or date when you are physically active, what you did and how long you were active. Also note the nights you got the sleep you need.</i></p> <p><i>In one week, look at your worksheet again. See if you have reached your goals or if you need to change your plan. Sometimes, our first plan doesn't work. That's okay. Just don't give up. Create a new plan.</i></p> <p><i>Then, when you have reached your goal, reward yourself!</i></p>	 <p>Have students bring their worksheets back to class so that you can review their progress and offer encouragement.</p>
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**Closure:** Review the elements of goal setting and conduct the initial "quiz" again.

Approximately 5 minutes

Instructional Steps	Script & Detailed Directions	Extensions & Suggestions
<p>Review the elements in goal setting</p>	<p><i>Who can tell me the parts or elements in goal setting?</i></p> <p>Answer:</p> <ul style="list-style-type: none"> <li>• Develop a clear, realistic goal.</li> <li>• List steps for reaching the goal, including when you will act on the steps, any materials you will need and who can help.</li> <li>• Monitor your progress and make changes if you need to.</li> <li>• Evaluate whether or not the goal was met.</li> </ul>	






<p>Walk across the room to indicate whether statements about physical activity, rest, and sleep are true or false.</p>	<p><i>Let's see how much you have learned about physical activity, rest and sleep by redoing the quiz from the beginning of this lesson.</i></p> <p>Read the following statements again, allowing the students time to move to the side of the room that indicates what they believe about each statement:</p> <ul style="list-style-type: none"> <li>• <i>A fourth grader should get 60 minutes of physical activity every day of the week. [true]</i></li> <li>• <i>If you don't get enough sleep, you can catch up on the weekend. [false]</i></li> <li>• <i>If your muscles don't ache after physical activity, you didn't work hard enough to do any good. [false]</i></li> <li>• <i>A fourth grader should get nine to eleven hours of sleep each night. [true]</i></li> <li>• <i>Physical activity helps a person to have more energy. [true]</i></li> <li>• <i>The only way to rest is to take a nap. [false]</i></li> </ul> <p>After each statement, provide the correct answer.</p>	 <p>If your teaching situation prohibits student movement, give each student two index cards of different colors. Ask them to hold up one color to indicate "true" and the other color to indicate "false." Another option is to write a large "T" on one end of an index card and a large "F" on the opposite end. Then, have students signal their response by holding up the "T" or "F."</p>
<p>Distribute the family resource sheet, "Fit Families Balance Health Habits."</p> 	<p><i>Be sure to share with your families your worksheet and this information on the importance of physical activity and sleep.</i></p>	
<p>Summarize the unit.</p>	<p><i>We have learned a lot about the importance of getting enough physical activity, rest, and sleep. Add what we have learned to our knowledge about what foods we should eat to stay healthy and you have a winning combination.</i></p>	





# Physical Activity, Rest, and Sleep

What	Goal	Why	How	When Where How Long	Day or Date - What I did - How long did I do it
 <b>Physical Activity</b>					
 <b>Rest</b>					
 <b>Sleep</b>					

I usually get \_\_\_\_\_ minutes of physical activity each day.

I need to get \_\_\_\_\_ more minutes of physical activity.

I usually get \_\_\_\_\_ hours of sleep each night.

I need to get \_\_\_\_\_ more hours of sleep.

If I need help, these people can help me reach my goals:




1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



# Physical Activity, Rest, and Sleep

What	Goal	Why	How	When Where How Long	Day or Date - What I did - How long did I do it
 <b>Physical Activity</b>	60 minutes [CDC recommends 60 minutes of moderate to vigorous activity daily for all children and teens.]	<ul style="list-style-type: none"> <li>Keep body flexible</li> <li>Keep heart and lungs strong</li> <li>Build strong muscles</li> <li>Build strong bones</li> <li>Have fun</li> <li>Increase learning</li> <li>Avoid boredom</li> <li>Increase energy</li> </ul>	<ul style="list-style-type: none"> <li>Take a walk</li> <li>Climb stairs</li> <li>Jump rope</li> <li>Dance</li> <li>Play basketball</li> <li>Swim</li> <li>Ride bicycles</li> <li>Inline skate</li> </ul>	For example: <ul style="list-style-type: none"> <li>I will play basketball at recess for 20 minutes.</li> <li>I will take my dog for a walk after school for 20 minutes.</li> <li>I will dance to my favorite music for 20 minutes after dinner.</li> </ul>	
 <b>Rest</b>	less [CDC recommends less than two hours of computer, television, or video games daily and an increase in physical activity.]	<ul style="list-style-type: none"> <li>After being very active, resting helps the body recover.</li> <li>After thinking a long time about something, resting helps a person think more clearly.</li> <li>Most 4<sup>th</sup> graders watch too much television.</li> <li>Most 4<sup>th</sup> graders play on computers too much.</li> </ul>	<ul style="list-style-type: none"> <li>Read</li> <li>Listen to music</li> <li>Hold a pet</li> <li>Write a letter</li> </ul>		
 <b>Sleep</b>	10-11 hours [Pediatricians recommend 10-11 hours of sleep each night.]	<ul style="list-style-type: none"> <li>Give brain a chance to file away new learning</li> <li>Give body time to rest</li> <li>Give body time to grow</li> <li>Keep awake during the day</li> <li>Have energy for the day's activities</li> </ul>	<ul style="list-style-type: none"> <li>Go to bed at the same time each night.</li> <li>Go to bed the first time parents ask.</li> <li>Get in bed early and read before falling asleep.</li> <li>Get in bed early and listen to music before falling asleep.</li> </ul>	For example: <ul style="list-style-type: none"> <li>I will go to bed at 8:30 pm.</li> <li>I will read a book until I get sleepy.</li> <li>I will get up at 6:30 am.</li> </ul>	

I usually get \_\_\_\_\_ minutes of physical activity each day.

I need to get \_\_\_\_\_ more minutes of physical activity.

I usually get \_\_\_\_\_ hours of sleep each night.

I need to get \_\_\_\_\_ more hours of sleep.

If I need help, these people can help me reach my goals:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Americans tend to be less active than citizens of other countries.

For example, many adult Americans do not participate in any leisure time physical activities, and many high school students watch television three or more hours per day on an average school day.

# Fit Families Balance Health Habits



It is never too late to change an unhealthy habit. Regular physical activity offers great benefits for everyone, young and old.

- Helps maintain a healthy body weight
- Reduces the risk of becoming overweight or obese
- Lowers the risk of developing chronic disease, including heart disease, stroke, high blood pressure, type 2 diabetes, osteoporosis, and cancers
- Lowers mortality rates from all causes of death
- Promotes a sense of well-being
- Reduces mild to moderate depression and anxiety

## How Much Is Enough?

**For children and teens:**  
at least 60 minutes of physical activity every day of the week

**For adults to reduce the risk of chronic disease:**  
2 1/2 hours of moderate physical activity weekly, or 1 1/4 hours of vigorous physical activity weekly.

Visit the Center for Disease Control and Prevention website for more information: [www.cdc.gov](http://www.cdc.gov)

## How Can I Help My Child Get Active?

### At School:

- Encourage your child to fully participate in physical education class.
- Help your child be prepared for class with comfortable clothes and athletic shoes.
- Encourage your child to be physically active at recess by playing games and sports.
- Encourage your child's school to offer walking clubs and other activity programs during recess or after school.
- Walk or bike to school with your child.

### In Your Community:

- Find out what sports are available from community education, parks and recreation, 4-H Youth programs, YMCA programs, and sports teams.
- Take advantage of skate parks, bike trails, hiking routes, community pools, playgrounds, and park areas.
- Park at the far end of the lot and walk to the door of the grocery store or office.

### At Home:

- Be a role model for your child. Be physically active every day!
- Be your child's activity buddy to make physical activity easier and safer.
- Limit the amount of time spent watching television and playing computer or video games to two hours or less.
- Walk your dog or a neighbor's dog with your child.
- Involve your child in active chores.
- Encourage your child to bicycle, walk, swim, rollerblade, snowboard, skateboard, dance, do yoga, practice karate, and other fun activities.<sup>1</sup>



<sup>1</sup> Healthy Kids Healthy Weight, [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools).

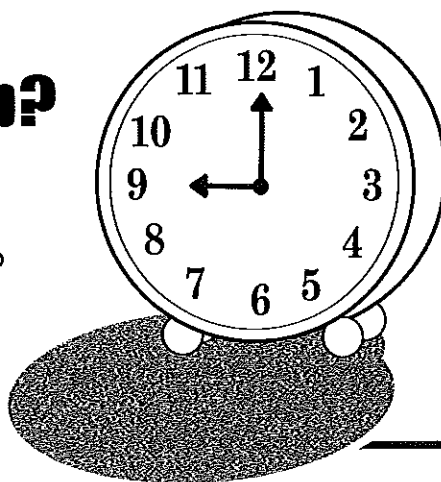
# What About Sleep?

A fourth grade child needs 10 or 11 hours of sleep each night. Many students are sleep-deprived, which limits their ability to learn at school. Here are some tips for helping your child get enough sleep.

- Have your child go to bed at the same time each night.
- Get your child up at the same time each morning.
- Establish a calming bedtime routine, such as talking, reading a story, or listening to music together.
- Avoid caffeine for at least four hours before bedtime.
- Avoid television for an hour before bedtime.
- Avoid large meals for four hours before bedtime.
- Avoid bright lights at bedtime, for example, in the bathroom.
- Avoid exercise for one hour before bedtime.
- Drink a glass of milk before bedtime.

**For more information on sleep, visit these websites!**  
 The Sleep Foundation: [www.sleepfoundation.org](http://www.sleepfoundation.org)  
 Nemours Foundation:  
<http://kidshealth.org/parent/general/sleep/sleep.html>

**A fourth grade child needs  
10 or 11 hours of sleep each night.**



## Consider setting up a reward system for your child's healthy habits!

Your child earns one credit every time he or she:

- Limits watching television to 0 to 1 hour per day.
- Participates in physical activity for 60 minutes.
- Chooses healthy snacks from the food groups all day.
- Eats balanced meals with all the food groups all day.
- Goes to bed on time.

Your child could earn five credits a day if she or he does all five healthy habits. This makes a total of 35 credits per week.

At the beginning of the week, agree upon the reward your child will get for choosing health habits. Choose a fun activity that you can do together, such as an outing to the park or a bike trip. At the end of each week, celebrate a Health Habit Week if your child earns over 30 credits.

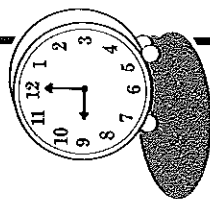
**For more information on nutrition and physical activity, visit: [www.mihealthtools.org/schools](http://www.mihealthtools.org/schools).**

# reward system for your child's healthy habits!

Your child earns one credit every time he or she does each health habit listed on the chart.

Your child could earn five credits a day if she or he does all five health habits. This makes a total of 35 credits per week.

At the beginning of the week, agree upon the reward your child will get for choosing health habits. Choose a fun activity that you can do together, such as an outing to the park or a bike trip. At the end of each week, celebrate a Health Habit Week if your child earns over 30 credits.



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Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Limits watching television to 0 to 1 hour per day.							
Participates in physical activity for 60 minutes.							
Chooses healthy snacks from the food groups all day.							
Eats balanced meals with all the food groups all day.							
Goes to bed on time.							
<b>Total daily points earned</b>							

## Celebrate a Health Habit Week!

Reward for choosing health habits, totalling 30 points or more:





## Assessment Rubric for Skill Development: Physical Activity, Rest, and Sleep

The following rubric can be used for assessing student skill development. The student has demonstrated the following elements of this skill through role play, written assignments, or classroom activities.

### Elements in the Lesson

- Identify benefits for appropriate amounts of physical activity, rest, and sleep (why)
- Identify strategies or ways for getting appropriate amounts of physical activity, rest, and sleep (how)
- Identify when, where, and for how long he or she will get physical activity, rest, and sleep

	1	2	3	4	Comments
Physical Activity	One of the elements was included.	More than one element was included, but may not have been accurate or fully described.	All of the elements were included, but may not have been fully described.	All of the elements were included, and were accurate and fully described.	
Rest	One of the elements was included.	More than one element was included, but may not have been accurate or fully described.	All of the elements were included, but may not have been fully described.	All of the elements were included, and were accurate and fully described.	
Sleep	One of the elements was included.	More than one of the elements was included, but may not have been accurate or fully described.	All of the elements were included, but may not have been fully described.	All of the elements were included, and were accurate and fully described.	

